



## Discover your Raleigh Parks and Recreation Department

### ARTS

#### Preschool

##### Art - Colors of the Rainbow by Toddler Time

Age: 2-4 yrs.

Come discover the beauty of spring in this art class designed for little fingers. From creating a colorful rainbow mobile to sprouting their own flower seeds, your children will learn so much in this center-based mini-preschool for our smallest students. Also, each week will feature a short lap-sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Parent participation is required. Each child will receive a CD of the music used in our class. A separate \$25 materials fee is payable to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education.

Course Fee: \$35

#135817 Mar 15-Apr 26 F 11:00 AM-12:00 PM

##### Art - Jumpstart Toddler Montessori

Age: 18 - 42 mths.

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts through a short musical lap-sit circle time and puppet show. Then students will be able to get creative with washable art projects. We will also explore "social stations" full of building blocks, cooking centers, train sets, puppets and more. Get a jump start on preschool! A separate \$25 materials fee will be due to the instructor at the first class meeting that includes a CD of music to take home. Parent Participation required. Instructor: Rhonda Felton Manning, BS in Education.

Course Fee: \$35

#135808 Feb 1-Mar 8 F 9:00 AM-10:00 AM

#135809 Mar 15-Apr 26 F 9:00 AM-10:00 AM

##### Art - Winter Wiggles by Moving to Music

Age: 18 mths - 4 yrs

Tired of being stuck in the house with energy to burn? Shake those winter blues in this energetic class full of song and dance. Your children will learn about the winter season and many special cold weather animals through songs, instrumental play and lots of preschool games which will increase their school readiness as well as being lots of fun! So raise your voice, clap your hands and let your imagination run wild! Parent participation required. There will be a \$25 supply fee payable to instructor at the first class. This fee includes all art materials, music CD, props and other supplies. Instructor: Rhonda Felton Manning, BS in Education.

Course Fee: \$35

#135813 Feb 1-Mar 8 F 10:00 AM-11:00 AM





## Discover your Raleigh Parks and Recreation Department

### ARTS (cont)

#### Art - Winter Wonderland by Toddler Time

Age: 2-4 yrs.

Chase away those winter blues in this art class designed for little fingers. Your child will learn all about nature through snowflakes, hibernation, arctic animals, and many other Winter concepts in this center based mini-preschool for our smallest students. Also, each week we will feature a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Each child will receive a CD of music to take home. Parent participation required. There will be a \$25 supply fee payable at the first class.

Course Fee: \$35

#135816 Feb 1-Mar 8 F 11:00 AM-12:00 PM

#### Art -Springtime Melodies by Moving to the Music

Age: 18 mths - 4 yrs

The air is getting warmer, so stay cool in this lively class for our youngest music lovers! We will explore the magic of Spring through song, dance and dramatic play for tiny toes. Your child will learn about spring showers, rainbows, the seed cycle, and many other spring concepts as we sing and dance our way through the season. Special events include musical crafts, parachute games and puppet shows! Each student will receive a CD of the music from our class. Parent participation is required. A supplies fee of \$25 will be due to the instructor at the first class.

Course Fee: \$35

#135815 Mar 15-Apr 26 F 10:00 AM-11:00 AM

### Adult

#### Basket Making: Back to the Basics Knitting Basket

Age: 14yrs. and up.

This class explores weaving a round base with reed instead of round reed. Sharing will be taught, and the use of various sizes of reed to create the perfect basket to hold knitting needles and yarn. Whether you are interested in basket making or looking for a unique basket for your knitting supplies, this class is for you! A \$20 kit fee will be payable to the instructor at class time.

Course Fee: \$25

#135658 Feb 16 Sa 9:30 AM-2:30 PM





*Discover your Raleigh Parks and Recreation Department*

## ARTS (cont)

### Family

#### Piano - Introduction

Age: 5yrs. and up.

In these introductory private piano lessons, students will learn the basics of piano playing, music note reading, chords and songs. Lesson materials are included, but students should bring their own folder and pencil. Instructor: Maggie Zargo

Course Fee: \$100

#135663	Jan 12-Feb 9	Sa	9:00 AM-9:30 AM
#135664	Jan 12-Feb 9	Sa	9:30 AM-10:00 AM
#135665	Jan 12-Feb 9	Sa	10:00 AM-10:30 AM
#135666	Jan 12-Feb 9	Sa	10:30 AM-11:00 AM
#135667	Jan 12-Feb 9	Sa	11:00 AM-11:30 AM
#135668	Jan 12-Feb 9	Sa	11:30 AM-12:00 PM
#135669	Feb 23-Mar 23	Sa	9:00 AM-9:30 AM
#135670	Feb 23-Mar 23	Sa	9:30 AM-10:00 AM
#135671	Feb 23-Mar 23	Sa	10:00 AM-10:30 AM
#135672	Feb 23-Mar 23	Sa	10:30 AM-11:00 AM
#135673	Feb 23-Mar 23	Sa	11:00 AM-11:30 AM
#135674	Feb 23-Mar 23	Sa	11:30 AM-12:00 PM
#135675	Apr 13-May 11	Sa	9:00 AM-9:30 AM
#135676	Apr 13-May 11	Sa	9:30 AM-10:00 AM
#135677	Apr 13-May 11	Sa	10:00 AM-10:30 AM
#135678	Apr 13-May 11	Sa	10:30 AM-11:00 AM
#135679	Apr 13-May 11	Sa	11:00 AM-11:30 AM
#135681	Apr 13-May 11	Sa	11:30 AM-12:00 PM

## EDUCATIONAL

### Preschool

#### Play Smart

Age: 3-5 yrs.

Children will rotate through different stations in small groups. Physical fitness and safety activities are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: Alicia Lacombe 831-6833 or Linda Stafford 420-2383.

Course Fee: \$6

#135737 Apr 9 Tu 10:00 AM-11:30 AM







*Discover your Raleigh Parks and Recreation Department*

## EDUCATIONAL (cont)

### Youth

#### radKIDS Anti-Bullying & Violence Prevention

Age: 5-11 yrs.

Increase your child's safety and self-confidence! Through fun and exciting activities, we teach how to tell if a stranger is good or bad; how to use family passwords (and when knowing the password doesn't count); when it's okay to knock everything off the shelves in a store; and how to respond when someone offers your child 'candy'. We also teach real physical techniques that kids can use successfully against a predator, including strikes, kicks and blocks. Also covered: how to handle bullies, good touch vs. bad touch, Internet safety and more! Each child receives a radKIDS activity book and family safety manual. Pam Adamchik, Nationally Certified radKids instructor.

Course Fee: \$65

#135661 Jan 7-10 M-Th 4:30 PM-6:00 PM

#135662 Mar 11-14 M-Th 4:30 PM-6:00 PM

## FITNESS

### Adult

#### Aerobics - DanceFit

Age: 18yrs. and up.

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

Course Fee: \$80

#135632 Jan 8-Feb 28 Tu, Th 5:45 PM-7:00 PM

#135633 Mar 12-May 2 Tu, Th 5:45 PM-7:00 PM

#### Belly Dance For Exercise - Beginners

Age: 18yrs. and up.

This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: [www.kashabellydance.com](http://www.kashabellydance.com)

Course Fee: \$88

#135770 Jan 7-Mar 4 M 7:00 PM-7:55 PM

#135771 Mar 11-Apr 29 M 7:00 PM-7:55 PM





## Discover your Raleigh Parks and Recreation Department

### FITNESS (cont)

#### Belly Dance for Exercise - Beyond Basic

Age: 18yrs. and up.

After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. This class is 55 minutes long. Kasha instructs. For more information on the program, visit Kasha's website at [www.kashabellydance.com](http://www.kashabellydance.com)

Course Fee: \$88

#135784 Jan 7-Mar 4 M 8:00 PM-8:55 PM

#135786 Mar 11-Apr 29 M 8:00 PM-8:55 PM

#### Bollywood Dance for Fun and Exercise

Age: 18yrs. and up.

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome-come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

Course Fee: \$88

#135797 Jan 8-Feb 26 Tu 7:30 PM-8:30 PM

#135798 Mar 12-Apr 30 Tu 7:30 PM-8:30 PM

#### Exercise - Weight Room/Fitness Centers

Age: 18yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

Course Fee: \$15

#134387 Jan 1-31 Daily 10:00 AM-9:00 PM

#134396 Feb 1-28 Daily 10:00 AM-9:00 PM

#134397 Mar 1-Apr 4 Daily 9:00 AM-3:00 PM

#134398 Apr 1-30 Daily 10:00 AM-9:00 PM





*Discover your Raleigh Parks and Recreation Department*

## FITNESS (cont)

### Stretch and Tone

Age: 18yrs. and up.

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

Course Fee: \$40

#135637	Jan 9-Feb 27	W	5:45 PM-7:00 PM
#135638	Jan 12-Mar 2	Sa	9:15 AM-10:30 AM
#135639	Mar 13-May 1	W	5:45 PM-7:00 PM
#135640	Mar 16-May 11	Sa	9:15 AM-10:30 AM

### Yoga for All Levels

Age: 16yrs. and up.

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

Course Fee: \$64

#135634	Jan 10-Feb 28	Th	7:00 PM-8:15 PM
#135636	Mar 14-May 2	Th	7:00 PM-8:15 PM

## Senior

### Drumming for Fitness

Age: All Ages

Improve your physical and mental fitness, burn fat and release stress all while having fun. We combine traditional no to low impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. There is no sitting in this class. You will leave sweating, tired and smiling because you feel great. Come join the fun! This class can be adjusted for those individuals seeking a medium impact/high aerobic activity.

Course Fee: \$8

#138447	Jan 9-30	W	9:00 AM-9:45 AM
#138448	Feb 6-27	W	9:00 AM-9:45 AM
#138449	Mar 6-27	W	9:00 AM-9:45 AM
#138450	Apr 3-24	W	9:00 AM-9:45 AM





## Discover your Raleigh Parks and Recreation Department

### FITNESS (cont)

#### Seniorcise

Age: All Ages

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

Course Fee: \$8

#135651	Jan 8-29	Tu	9:00 AM-9:45 AM
#135652	Feb 5-26	Tu	9:00 AM-9:45 AM
#135653	Mar 5-26	Tu	9:00 AM-9:45 AM
#135654	Apr 2-30	Tu	9:00 AM-9:45 AM
#138351	Jan 3-31	Th	9:00 AM-9:45 AM
#138352	Feb 7-28	Th	9:00 AM-9:45 AM
#138355	Mar 7-28	Th	9:00 AM-9:45 AM
#138356	Apr 4-25	Th	9:00 AM-9:45 AM

#### **Family**

##### Karate - Okinawan Shorin-Ryu

Age: 7yrs. and up.

A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Family discount for families of 3 or more available!

Course Fee: \$44

#135641	Jan 2-30	W, M	6:00 PM-7:00 PM
#135642	Feb 4-27	M, W	6:00 PM-7:00 PM
#135643	Mar 4-27	M, W	6:00 PM-7:00 PM
#135644	Apr 1-29	M, W	6:00 PM-7:00 PM

### SOCIAL

#### **Preschool**

##### Playgroup Tot Time

Age: 6 mths - 5 yrs

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#135683	Jan 2-Apr 24	W	9:30 AM-11:30 AM
---------	--------------	---	------------------







## Discover your Raleigh Parks and Recreation Department

### SOCIAL (cont)

#### Youth

##### Kids Nite Out

Age: 5-12 yrs.

Kids, grab all your friends and come on over for a night filled with fun just for YOU! We'll have a light dinner, make crafts or play games, and watch a movie. Registration 3 days prior to the program date is required.

Lake Lynn Community Center

Course Fee: \$13

#135659 Mar 1 F 6:30 PM-9:00 PM

#135660 Apr 5 F 6:30 PM-9:00 PM

#### Senior

##### Golden Years Senior Clubs

Age: 55yrs. and up.

The Senior Adult Program offers senior clubs throughout the city of Raleigh open to all 55 yrs and better. Anyone meeting the age requirement may join as many clubs as you wish. There is no requirement to be a City of Raleigh resident. Club activities vary from club to club including: Social, Trips, Card Games, Luncheons, and Speakers. Some groups meet year round others have a limited schedule over the summer.

#138136 Jan 8-Apr 30 Tu 10:00 AM-12:00 PM

##### Senior Gamesters

Age: All Ages

Join our seniors for a spirited game of table tennis - all abilities are welcome!

#135655 Jan 8-Apr 30 Tu 6:30 PM-9:00 PM

#135656 Jan 5-Apr 27 Sa 9:00 AM-11:00 AM

### SPORTS

#### Preschool

##### All Sports - Little Starters

Age: 3-5 yrs.

Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

Course Fee: \$36

#135722 Mar 4-25 M 9:30 AM-10:15 AM

#135723 Mar 2-23 Sa 9:30 AM-10:15 AM







## Discover your Raleigh Parks and Recreation Department

### SPORTS (cont)

#### Baseball - Little Sluggers

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Course Fee: \$36

#134709 Apr 8-29 M 9:30 AM-10:15 AM

#135717 Apr 11-May 2 Th 5:45 PM-6:30 PM

#135718 Apr 13-May 4 Sa 10:30 AM-11:15 AM

#### Basketball - Little Shooters

Age: 3-5 yrs.

A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience.

Course Fee: \$36

#135709 Jan 28-Feb 18 M 9:30 AM-10:15 AM

#135710 Mar 2-23 Sa 10:30 AM-11:15 AM

#### Hockey - Little Goalies

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of hockey including passing, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork!

Course Fee: \$36

#135721 Jan 28-Feb 18 M 10:30 AM-11:15 AM

#### Lacrosse - Little Stix

Age: 3-5 yrs.

An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment.

Course Fee: \$36

#135727 Apr 8-29 M 10:30 AM-11:15 AM





## Discover your Raleigh Parks and Recreation Department

### SPORTS (cont)

#### Soccer - Little Kickers

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

Course Fee: \$36

#135712 Mar 4-25 M 10:30 AM-11:15 AM

#135713 Mar 7-28 Th 5:45 PM-6:30 PM

#135714 Apr 13-May 4 Sa 9:30 AM-10:15 AM

#### **Youth**

#### Baseball Skills for Beginners

Age: 6-9 yrs.

Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

Course Fee: \$40

#135719 Apr 11-May 2 Th 6:45 PM-7:30 PM

#### Basketball - Anthony Greenup Basketball Clinic

Age: 6-12 yrs.

Anthony 'Airport' Greenup, former player for Shaw University and the Charlotte Bobcats, and current player for the world-famous Harlem Globetrotters, will be bringing his expertise to Raleigh in a basketball clinic created to excite both boys and girls about the game of basketball. His staff will work with participants through coaching and mentorship to teach technique, sportsmanship and attitude designed to make each player their best both on and off the court. T-shirts and refreshments will be provided, and participants will have a chance to get an autograph from Anthony himself! Pre-registration is highly recommended at least 7 days in advance of each clinic.

Course Fee: \$45

#136606 Mar 16 Sa 10:00 AM-2:00 PM

#### Basketball Skills for Beginners

Age: 6-9 yrs.

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

Course Fee: \$40

#135711 Mar 2-23 Sa 11:30 AM-12:15 PM





## Discover your Raleigh Parks and Recreation Department

### SPORTS (cont)

#### Soccer Skills for Beginners

Age: 6-9 yrs.

Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

Course Fee: \$40

#135715 Mar 7-28 Th 6:45 PM-7:30 PM

#135716 Apr 13-May 4 Sa 11:30 AM-12:15 PM

#### Tennis Jr Level 1

Age: 6-8 yrs.

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

Course Fee: \$48

#136288 Mar 9-Apr 20 Sa 10:00 AM-11:00 AM

#136289 Mar 9-Apr 20 Sa 11:00 AM-12:00 PM

Course Fee: \$96

#136286 Mar 11-Apr 24 M, W 4:30 PM-5:30 PM

#136287 Mar 12-Apr 25 Tu, Th 5:00 PM-6:00 PM

#### Tennis Jr Level 2

Age: 8-18 yrs.

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

Course Fee: \$96

#136370 Mar 12-Apr 25 Tu, Th 4:00 PM-5:00 PM

#### Tennis Jr Tiny Tots

Age: 4-6 yrs.

Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose fitting clothing, non marking sneakers and a 19' or 21' junior racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

Course Fee: \$48

#136240 Mar 11-Apr 24 M, W 5:30 PM-6:00 PM

#136241 Mar 12-Apr 25 Tu, Th 4:30 PM-5:00 PM







*Discover your Raleigh Parks and Recreation Department*

## SPORTS (cont)

### Tennis Jr Tournament Team

Age: All Ages

Designed for junior tennis players who have learned all shots, this team will workout and train for level 5 futures tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

Course Fee: \$98

#137926 Jan 14-Feb 28 M-Th 4:00 PM-5:00 PM

#137927 Jan 14-Feb 28 M-Th 5:00 PM-6:00 PM

Course Fee: \$132

#137928 Jan 14-Feb 28 M-Th 6:00 PM-7:30 PM

#137929 Jan 14-Feb 28 M-Th 7:30 PM-9:00 PM

Course Fee: \$168

#136432 Mar 12-Apr 25 Tu, Th 7:00 PM-8:30 PM

#137926 Jan 14-Feb 28 M-Th 4:00 PM-5:00 PM

#137927 Jan 14-Feb 28 M-Th 5:00 PM-6:00 PM

Course Fee: \$240

#137928 Jan 14-Feb 28 M-Th 6:00 PM-7:30 PM

#137929 Jan 14-Feb 28 M-Th 7:30 PM-9:00 PM

Course Fee: \$252

#137926 Jan 14-Feb 28 M-Th 4:00 PM-5:00 PM

#137927 Jan 14-Feb 28 M-Th 5:00 PM-6:00 PM

Course Fee: \$324

#137926 Jan 14-Feb 28 M-Th 4:00 PM-5:00 PM

#137927 Jan 14-Feb 28 M-Th 5:00 PM-6:00 PM

#137928 Jan 14-Feb 28 M-Th 6:00 PM-7:30 PM

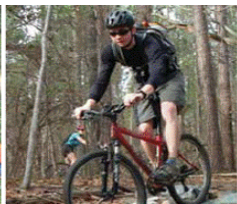
#137929 Jan 14-Feb 28 M-Th 7:30 PM-9:00 PM

Course Fee: \$432

#137928 Jan 14-Feb 28 M-Th 6:00 PM-7:30 PM

#137929 Jan 14-Feb 28 M-Th 7:30 PM-9:00 PM





*Discover your Raleigh Parks and Recreation Department*

## SPORTS (cont)

### Adult

#### Tennis Adult Level 1

Age: 18yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

Course Fee: \$48

#136095 Mar 9-Apr 20 Sa 9:00 AM-10:00 AM

Course Fee: \$96

#136094 Mar 11-Apr 24 M, W 6:00 PM-7:00 PM

#### Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs. and up.

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class

Course Fee: \$96

#136149 Mar 12-Apr 25 Tu, Th 6:00 PM-7:00 PM

#### Tennis Adult Level 3.0 Drills

Age: 18yrs. and up.

Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

Course Fee: \$96

#136159 Mar 11-Apr 24 M, W 8:00 PM-9:00 PM



RALEIGH PARKS AND RECREATION  
Lake Lynn Community Center | 7921 Ray Road | Raleigh, NC 27613 | (919) 870-2911  
www.raleighnc.gov